



## ***A Letter from Your Employee's Physician***

Dear Employer:

I am writing on behalf of \_\_\_\_\_ and \_\_\_\_\_.  
Mother's Name Baby's Name

This mother will soon be returning to work at your facility. I have strongly advised her to continue providing breast milk to her baby after she returns to work.

Breastfeeding is a natural part of the birthing cycle, and significantly lowers the mother's risk for breast cancer, ovarian cancer and osteoporosis the longer she is able to breastfeed. Breastfed babies continue to receive antibodies to protect them against infection and disease for as long as they breastfeed. This is especially important for babies in childcare centers. Babies receive most of their nutrition from their mother's milk, even after they begin eating solid foods. Breastfeeding provides protection against chronic childhood illnesses, Sudden Infant Death Syndrome (SIDS), respiratory problems and certain childhood cancers.

The American Academy of Pediatrics recommends breastfeeding for at least one year or longer to protect babies against diabetes, obesity, and osteoporosis. Breastfeeding also enhances brain development and increases I.Q.

As an employer who supports your employee's decision to provide her baby with the optimal infant nutrition, you will ensure a more loyal and productive employee, happy in knowing she can contribute to her child's health even when apart. She will have less absenteeism from her job because of infant illnesses--her baby will have fewer earaches, gastrointestinal and other infant health problems. To become designated as a Breastfeeding Friendly Worksite by the Department of State Health Services, please refer to the application found in the Breastfeeding Friendly Employer Project page of the Vermont Department of Health website: [www.breastfeedvermont.info](http://www.breastfeedvermont.info).

All major health organizations, including the American Academy of Pediatrics, the American College of Obstetricians and Gynecologists, the U.S. Surgeon General, and the American Academy of Family Physicians support breastfeeding and encourage employers to do the same.

Sincerely,

\_\_\_\_\_  
*Physician*

\_\_\_\_\_  
*Date*

- The Breastfeeding Friendly Employer Project is the result of a recommendation by the Breastfeeding Study Commission established by the Vermont Legislature in 2000.
- The Breastfeeding Friendly Employer project is supported by Vermont Business Roundtable, Vermont Chamber of Commerce, Vermont Department of Economic Development, Vermont League of Cities and Towns, Vermont Department of Personnel and the Vermont Department of Health
- Promotion of increased duration of breastfeeding is supported by the State of Vermont, the Vermont chapter of the American Academy of Pediatrics, and Vermont's Statewide Plan for Preventing Obesity.